

Newsletter April 2015

Competitions

Two early competitions have started the year off, Martine's mini showcase in Wales, followed by the Southern Open in Gosport.

Martine's Mini Showcase

Martine's Mini Showcase for gymnasts of all levels at National Development, Foundation and Pre Foundation (RAC). An excellent start to the year for our younger gymnasts at a very friendly event that is sure to become a regular in the calendar.

Southern Region Competition

The Southern Region competition was held on Saturday 21st March in Gosport and was well attended, with all three levels of competition catered for. There were attendees from Southport, Weston, Hart, Basingstoke, Bulmershe, Waterside, Champion and Suki. There were 147 competitors competing in 121 Routines.

The Competition day started at 8am for the volunteers and was so successful that it overran the time slot allowed at the venue. Apologies are sent to anyone who felt rushed to leave the venue.

All clubs were pleased to hear that Jean Martin was sufficiently well enough to be out of Hospital and we all wish her a full and speedy recovery to full health.

This year the Southern Regions Development Coach of the year award went to Emily Keane in recognition for her continued support of the club and coaches and development of gymnasts.

Dedication to Aerobic Gymnastics in the South went to Natalie Porter for her ability to make a 24 hour day last a lot longer supporting coaches development, supporting

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other clubs in the region, supporting the southern region competition planning and helping to organise and support all areas in her club.

Volunteer of the year this year went to a group of volunteer supporters "The Suki Men" who always are ready willing and able to support the Southern Region competition set up and have their wives assist in the smooth running on the day.

Due to the success of this year's competition it is hoped that a larger venue can be located for a two day event in 2016.

Any comments, queries or suggestions for 2016 are to be forwarded to Chris Simmons (Southern Region Chair) and Su Killeen.

Slovakian Open – April 2015

A combination of 42 GBR and 14 club gymnasts will be attending, and competing a total of 47 routines across all age groups and categories. We wish them all the very best of luck.

Coaching and Courses

The Level 1 course in 2014 had 7 attendees these are in the process of doing their exams now and the level 2 course having 11 attendees with 9 passing.

Courses for 2015

Level 3 course – modules – Weston – see BG website.

Level 1 course – South – Suki – November – see BG website.

Level 2 Add on module – date to be confirmed – see BG website and register an interest in course.

UKCC – level 3 module 5 – add on – Somersaults – see BG website.

PLEASE note that all people who wish to attend a course should fill in an expression

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of interest form on the BG website, BG will then know the numbers interested and will endeavor to ensure a course is run. In addition please email Su Killeen with an approx. number of people interested in each level to enable successful planning.

Judging

A judging workshop was held at Weston on 29th March.

Holly Lowe “really well constructed and extremely useful for all the judges”

Martine “very pleasing to see such a good turn out and I am grateful for the support from our Brevet Team”

Presented by Martine Griffiths and Nigel Saunders, judges were offered a chance to re-visit the technical execution of aerobics in light of the fitness requirements of the sport with changes to the 2013 -2016 code of points.

Focus for Presentation and Discussion

- Gymnast Physical Capacities and Imprecision
- Penalties in General and Specific Technical Execution

Focus for Judging Practice

- 2015 Slovak Open routines
- Junior and Age Group Mexico 2014

Martine Griffiths **MAP Brevet 2**

Nigel Saunders **Weston Brevet 3**

Holly Lowe **Bulmershe Brevet 3**

Leanne Markey **LK Club and Brevet 3**

Sam Fisher **Unattached National**

Abigale Jones **MAP National**

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Liz Paterson [Gillingham Regional](#)

Barbara Jones [MAP Regional](#)

Claire Cundy and Cheryl Wheeler [Basingstoke Club](#)

Kimberley Grant and Maxine Rivers [Champion Club](#)

Cloe Molyneaux [LK Club](#)

Shea Jones [MAP Club](#)

Heathrow Open 2015

- Event - 10th Heathrow International club Championships
- Dates - 27-28 June 2015
- Venue - Bracknell Sports and Leisure Centre, Bracknell, Berkshire, RG12 9SE, United Kingdom
- Information - Further information can be obtained from the club Website www.heathrowaerobicsgymnastics.co.uk
- To Enter the competition - Go to www.heathrowaerobicsgymnastics.co.uk

Finally – Congratulations to Martine Griffiths who was awarded Welsh Gymnastics lifetime achievement award for her sterling work with aerobic gymnastics.

If you have any news or information you would like included in the next newsletter please email them to Debbie Saunders - wsmssportsaerobic1@btinternet.com.